



# NurseHelp 24/7

## Immediate answers to your health questions

Think you might be coming down with the flu? Need to know how to treat a sprained ankle? Wondering whether to see a doctor about that persistent sore throat?

Call NurseHelp 24/7<sup>SM</sup> toll-free to talk with a registered nurse anytime you have health-related questions.\* Experienced nurses can help you figure out what's ailing you, evaluate treatment options, determine whether to see a doctor, and more. All for no extra charge.

### Get immediate answers and reliable information about:

- Minor illnesses and injuries
- Chronic conditions
- Medical tests and medications
- Preventive care

You can use this convenient service whenever you need it. Just call **(877) 304-0504** to talk to a nurse anytime, day or night.

**Ouch**, you stub your big toe and it swells. You call NurseHelp 24/7 and the nurse gives you in-home treatment options. So you're back on your feet in no time, without a trip to the doctor.

**It's 2 a.m.** and you're wide awake with an upset stomach. You call NurseHelp 24/7 for tips on how to feel better, and soon you're sleeping like a baby.

**Your son wakes up with a bad earache.** You call NurseHelp 24/7 and describe his symptoms, and the nurse says he should see a physician immediately. You rush to the doctor and are able to prevent lasting damage to your son's hearing.

\*If you believe you need emergency care, call 911 or go directly to the nearest emergency room.